

P33Ps Doctoral Journey Tracker: Your Editable Workbook

This workbook is designed to guide you through the key stages of your doctoral journey using the P33Ps framework: Peace, Perspective, and Precision. It allows you to set goals, document progress, and remain focused and resilient throughout your doctorate.

1. Entry Requirements and Preparation

- Peace: Reflect on your preparedness. Are you at peace with your decision to begin this journey?**
- Perspective: Document your eligibility. Do you meet the entry requirements? (e.g., relevant degree, interview, passion for a research topic).**
- Precision: Define your focus. What is your specific research question or area of interest? Use methods like PICO for clarity.**

Editable Fields:

- Requirements Checklist: [] Bachelor?s Degree (Upper second-class honors or higher)**
- Chosen Research Topic: _____**
- Interview Date: _____**

2. Coursework and Development of Expertise

- Peace: Immerse yourself in coursework at a manageable pace. How will you schedule time for learning and self-care?**

- **Perspective:** Record courses taken. What skills are you developing?
- **Precision:** Detail key outcomes. What subjects, methodologies, or theories will aid your research?

Editable Fields:

- **Courses Completed:** _____
- **Skills Acquired:** _____
- **Potential Research Topics Inspired by Coursework:**

3. Residencies and Research Plan Development

- **Peace:** Use residencies to gain support. How can residencies reduce isolation and add value to your journey?
- **Perspective:** Reflect on feedback from mentors and peers.
- **Precision:** Focus your research plan based on input received.

Editable Fields:

- **Residency Dates:** _____
- **Faculty/Peer Feedback Notes:** _____
- **Refinements to Research Plan:** _____

4. Comprehensive Assessment

- **Peace:** Assess your comfort level and readiness. Are you confident in your knowledge?
- **Perspective:** Record assessment type (oral, written, or both).
- **Precision:** Plan study sessions and document any gaps to address.

Editable Fields:

- **Assessment Date:** _____
- **Preparation Schedule:** _____
- **Areas Needing Extra Focus:** _____

5. Dissertation Proposal and Approval

- **Peace:** Ensure your proposal reflects your values and interests.
- **Perspective:** Record committee feedback.
- **Precision:** Address specific committee requirements.

Editable Fields:

- **Proposal Submission Date:** _____
- **Committee Feedback:** _____
- **Required Revisions:** _____

6. Conducting Research and Writing the Dissertation

- **Peace:** Develop a routine that includes breaks and self-reflection.
- **Perspective:** Track research progress.
- **Precision:** Define the content for each chapter.

Editable Fields:

- **Research Start Date:** _____
- **Chapter Outlines & Notes:** _____
- **Milestones Completed:** _____

7. Final Defense and Publication

- **Peace:** Visualize success and prepare calmly.
- **Perspective:** Document the date of the defense.
- **Precision:** Record questions and prepare responses.

Editable Fields:

- **Defense Date:** _____
- **Defense Questions Prepared For:** _____
- **Committee Members:** _____

8. Post-Defense Corrections and Degree Conferral

- **Peace:** Address feedback constructively.
- **Perspective:** List the corrections required.
- **Precision:** Track completion of revisions.

Editable Fields:

- **Corrections Due Date:** _____
- **Corrections Completed:** []
- **Degree Awarded Date:** _____

9. Planning Your Post-Doctoral Career

- **Peace:** Consider work-life balance in career planning.
- **Perspective:** Note opportunities for publication or employment.
- **Precision:** Outline steps towards post-doctoral career goals.

Editable Fields:

- **Career Goals:** _____

- **Job** **Applications/Opportunities** **Explored:**

- Publications Planned: _____

Instructions: Use the above workbook to document your progress, keep track of important dates, and jot down reflections on each step of your journey. Remember, this tool is fully editable so you can tailor it to meet your specific needs. Peace, Perspective, and Precision will guide you towards a successful completion of your doctoral journey.